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transfused, has saved all but one of the last seventeen by transfusion of the serum of normal blood, at intervals of three or four hours while the tendency lasts. As two ounces of human blood at short intervals for days is not easy to procure and horse serum damages human blood, at Sloane Maternity rabbit blood is used. Dr. Cragin reports the same success by injecting the serum of what blood can be obtained from a rabbit (10 or 15 c.c.— $\frac{1}{3}$ to $\frac{1}{2}$ oz.) every two to four hours. A fresh rabbit is required each time, and the treatment continued as long as the bleeding continues, or if it returns. Thus another disease, heretofore hopeless, is conquered. Dr. Welch's article was in the *American Journal of the Medical Sciences*. Dr. Cragin's brief report will appear in the *American Journal of Obstetrics* shortly, under Transactions of the New York Obstetric Society, meeting of October, 1910.

Yours truly,

ROBT. L. DICKINSON, M.D.,
President New York Obstetrical Society,
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THE MENOPAUSE

DEAR EDITOR: I have read with much interest the article on "The Menopause" in the September number of the JOURNAL, and note that while Dr. Perkins gives much advice to "every woman who has passed the menopause," she fails to tell us how we may know when it is passed. In other articles on the same subject I find the same omission, and as I am often questioned about it, I venture to ask for an answer to the question, How may a woman know certainly that she has passed the menopause?

I have read the JOURNAL with growing interest from the first to the last number.

ANXIOUS INQUIRER.

[This question was referred to Dr. Perkins who replied as follows: "The menopause is such an elastic period that this question is difficult to answer. In some women the menses cease abruptly, or after a few months of irregularity and decrease. In the majority it extends over a longer period, averaging from one to three years; in some women longer still,—there are delayed or scanty irregular menses with some periods that seem just as usual, until finally it disappears altogether. In general, it may be said that a woman of fifty or thereabouts, who has no illness, and has had menstrual irregularity for months or years, has passed the menopause when six months or a year have elapsed without the menses. Certainly she should consult a physician if the flow or any discharge appears after this. Women who menstruate very early have a later menopause, and vice versa. Again, in some families, the menopause is notably early, even at thirty-five. Flushed and nervous symptoms often continue for months after the flow has ceased entirely."]

AS TO PERSONAL CLEANLINESS

DEAR EDITOR: There are so many new campaigns constantly organized, that the next we hear will be that one is to in some way educate each person in the world that he should take a daily bath for the sake of *cleanliness* and health, and also to keep his *finger nails clean*. It has never been estimated how

many germs are carried by the filth in people's finger nails, nor how much more intelligent the world would be by furnishing the brain with blood sent there at a more rapid rate by daily bathing, also by cleaner blood, made so by eliminating the impurities through the pores of the skin. I wish that the nursing profession could be the instigators of this.

One Sunday morning when going to Sunday School, there were twelve children on the car, children of the middle class. Two of these children had fairly clean finger nails (I had to look pretty close to tell), two had dirty finger nails, and the remaining eight had *very* dirty finger nails. I did not get all of Miss McIsaac's articles on Household Hygiene, but the last one spoke of the essentials of housekeeping. The first essential, after people say their prayers and read their Bibles, should be a daily bath for every member of the family. When a child reaches the age of three or four years many mothers drop the daily bath, and the habit is never formed. The person who takes a daily cleansing bath, if you notice, usually amounts to something. They are, many times, not as naturally intelligent as some others, but the cleansing bath makes them healthier in body, also in mind. The skin and blood are cleaner, therefore the mind is of a better quality. If people had the right sort of mind, they would select the essentials not only in household hygiene, but in the whole of life. It should, though, be said that a *hot* bath, oftener than twice a week, is dangerous.

EDITH C. HUNTINGTON.

FROM A PRIVATE DUTY NURSE

DEAR EDITOR: The JOURNAL is a never-ending source of pleasure and profit to me. It is the private nurse who fully enjoys and appreciates your letter department, for unlike the institutional nurse, she is not in constant touch with the newer appliances, and has not her own kind to help her over difficulties, and then, too, many things which may seem trivial to the institutional nurse are vital to the private nurse, and she longs not to be critical, but to get the other one's point of view.

I have been intensely interested in the discussion about male catheterization. Personally I see no reason why a nurse, woman, should catheterize a man, and many grave reasons why she should *not*.

As every nurse knows, in uræmia one has not retention, but suppression, so the first thing would be packs and other treatments which would have a tendency to evacuate the bladder without aid, and very many physicians are not in a hurry to catheterize, as the simple act of inserting a catheter may induce a convulsion.

A nurse is no less a woman because she is a nurse, in fact, her womanly qualities are her chief asset, and instead of unsexing her, her training has taught her the superb art of self-control.

I'm afraid women frequently do not understand a man's nature, and that he is easily excited, and that there are certain laws she must respect. I have nursed many men, and whenever certain little attentions were necessary, have found either a wife or mother only too glad to give them,—the more serious ones the physician will attend to.

A cultured and well-bred woman will prove herself such in the manner in which she cares for her patient.

E. P. M.